

Test-Taking Strategies

Use these strategies to help guide you in the next few weeks. You have three finals this year. One of the purposes of finals in 7th grade is to help you learn how to study for these big exams.

Creating an Environment of Learning



- Study in the cleanest, quietest or most orderly room you can
- Study in the light! Daylight or a good lamp
- Turn the TV/phone off
- Try studying with music one day, then none the next (see what actually works best)
- Eat healthy and light meals and snacks
- Don't forget to sleep well. It is difficult for your brain to create memories when you are low on sleep.

Studying Efficiently



- Use your schedule to find the right time for you to study (when are you free?)
- Start as early as possible – DO NOT CRAM
- Study in a way that you prefer. For example with pictures, by recording yourself or listening to others, read aloud/write information, etc.
- Recognize: You might need to study differently for different classes (memorization vs. writing vs. coming up with new ideas)
- Think of your teacher – what do you think they would be putting on the test?
- ASK FOR HELP
- Use a timer

Organizing your Learning



- Plan ahead – Use the schedule
- Write yourself a study guide
- Use your notes and previous assessments – you have been tested on this material before
- Summarize each unit/section of notes as you read through them – this can help become your study guide

Keeping Motivated

*I'm tired
It's too cold
It's too hot
It's raining
It's too late
Let's go*

- Take breaks using a timer – for every 20-30 minutes of study, take a 5 minute break (stretch, grab a snack, text, check Instagram)
- Think positively. You are already improving your potential scores by studying
- Work with others – arrange a study group to compare notes and explain concepts.